



Maryland Health Care Transition

FACT SHEET

FOR YOUTH

Health care transition is the process of getting ready for health care as an adult. During childhood, parents usually help with medical needs—they call for appointments, fill out forms, and keep track of medications.

Your Role: As you get older, managing your medical needs becomes your own responsibility. Achieving this independence requires an organized transition process to gain independent health care skill that prepares you for an adult model of care, and transfer to new doctor. There are several steps you can take to make sure the transition to adult health care goes smoothly.

WHAT YOU CAN DO

- Understand your diagnosis
- Know your doctors and specialists, and how to contact them
- Know your medications, including the names, dosages, and reason(s) for taking them.
- Know medical emergency contact information
- Keep insurance cards with you
- Plan your medical appointments, ask questions, and express your concerns at your appointments
- Prepare a list of questions and concerns before your appointment
- Speak to your parent/caretaker and doctor about taking a more independent role in your health care management and decisions.

Resources:

- Got Transition: <http://www.gottransition.org/>
- Resource Locator: <http://specialneeds.health.maryland.gov/>
- Health Care Transition Notebook: <http://phpa.health.maryland.gov/genetics/Pages/MyHealthcareNotebook.aspx>
- Office of Genetics and People with Special Health Care Needs website: <http://phpa.health.maryland.gov/genetics>
- Guardianship: <http://www.gottransition.org/resourceGet.cfm?id=17>
- Check List for Teens : <http://illinoisap.org/wp-content/uploads/TEEN-CHECKLIST.pdf>

Use the **GLADD** approach when talking to doctors or nurses and in managing your care:

- **G**ive information
- **L**isten and learn
- **A**sk questions
- **D**ecide on a plan
- **D**o your part

For More Information:

Office of Genetics and People with Special Health Care Needs

201 West Preston Street, Room 423 Baltimore, MD 21201

410-767-6730

<http://phpa.health.maryland.gov/genetics>

FAQ (Frequently Asked Questions by Youth)

Discovering: learn about your provider's approach to transition

I go to a pediatric provider; why do I have to change?

As you get older, you'll begin to have health needs that you probably didn't have as a child. It's important to have a doctor who knows how to keep you healthy as an adult.

Tracking: know your own health information

What should I bring with me to my appointments?

Have your insurance card with you, any questions you might have, and note any changes in your medications/health since your last visit. When you leave your provider's office, be sure that you understand any instructions you have been given that you need to follow!

Preparing: learn to manage your own health care

At what age should I start thinking about transition?

The earlier you start thinking about transition, the more time you'll have to plan for all the upcoming changes you'll be going through, and the more prepared you'll be to take on adulthood. I started when I was in my early teens and it just takes time to practice and gain independence.

Planning: get ready for adult health care

As I turn 18, what legal changes in health care do I need to know about?

Probably the most important change that happens at 18 is that your parents no longer have legal control over your health care decisions. As an adult, you are the one that consents to medical treatment.

Transferring: make the change to an adult provider

What information does my current health care provider need to send to my new provider? How can I help?

It is best if your new provider knows about you and your health condition before you arrive for your first visit. If you have a special condition, it can be helpful to ask that your pediatric provider send a description of what to expect with your condition as you get older.

How is adult health care likely to be different than pediatric care?

The main difference between a pediatric and an adult approach to health care is that you are the only person communicating with your provider and making your health care decisions, unless you sign a release of information form.

For More Answers, visit: <http://www.gottransition.org/youthfamilies/index.cfm>



Maryland Department of Health

Larry Hogan, Governor · Boyd K. Rutherford, Lt. Governor · Robert R. Neall, Secretary